

# COME JOIN US

Heroic Journey is a unique program specifically designed for grieving teens coping with the death of a loved one. During this transformational adventure, participants experience powerful grief work activities woven into the context of the traditional Outward Bound curriculum

For 50 years and with more than 1 million participants, Outward Bound continues to be the premier provider of experience-based outdoor leadership programs for teens, adults and professionals.

Challenge, adventure and teamwork combine to create an ideal platform for building character and teaching leadership. Simply put, Outward Bound courses change lives.



New York Life Foundation

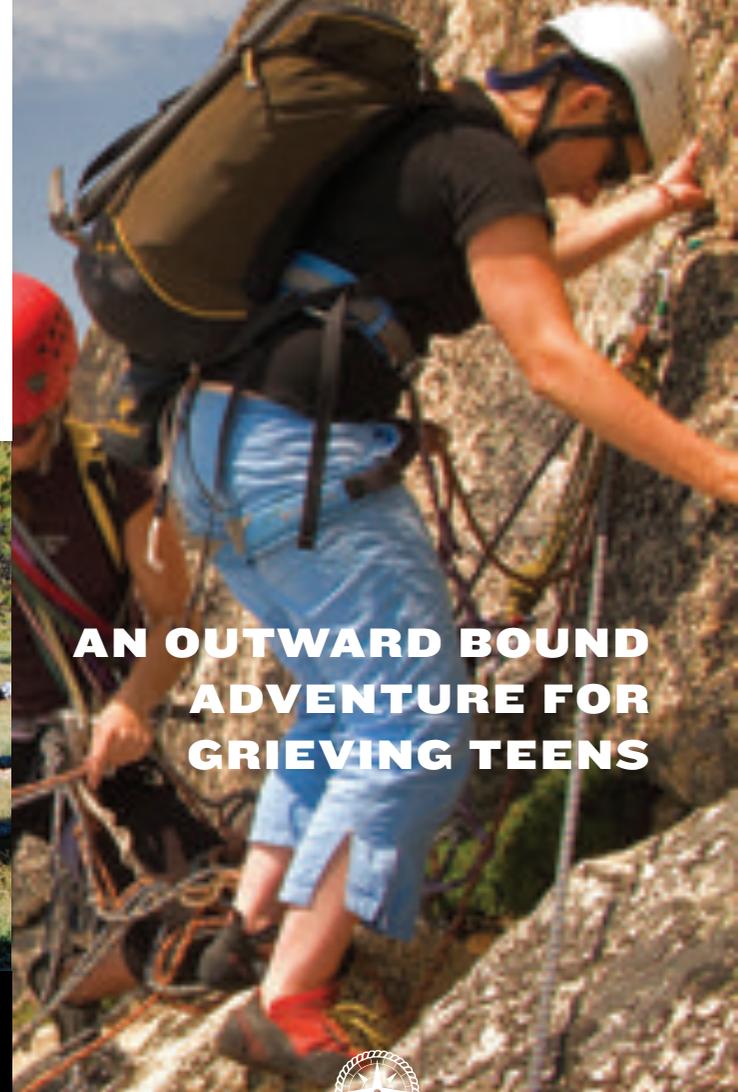


## Get Connected

[www.OutwardBound.org](http://www.OutwardBound.org) 866-820-9577

Outward Bound is a nonprofit, tax-exempt, educational organization and is approved as a 501(c)(3) organization under the Internal Revenue Code. All contributions are tax-deductible. Outward Bound considers applications on an equal opportunity basis without regard to an applicant's race, color, creed, religion, sex, sexual orientation, age, disability or any other status protected by federal, state or local law. Outward Bound actively seeks to serve diverse students through recruiting, affiliations, dedicated scholarships and community programs.

# HEROIC JOURNEY



**AN OUTWARD BOUND  
ADVENTURE FOR  
GRIEVING TEENS**



**OUTWARD  
BOUND**

# CHALLENGE YOURSELF

## **HEROIC JOURNEY - AN OUTWARD BOUND ADVENTURE FOR GRIEVING TEENS**

Whether it's climbing majestic mountains, rappelling down granite cliffs, or navigating through streams and forests, Outward Bound Heroic Journey provides grieving teens the opportunity to discover their inner strength to face the challenges ahead. Heroic Journey combines the rigorous challenge of an Outward Bound experience with activities designed to encourage expression in an environment that respects the grief process.

## **OUTWARD BOUND COURSES ARE NOT GUIDED TRIPS**

They are real expeditions that cross rugged, beautiful terrain. They require participants to dig deep and discover hidden strength. After course, students report high levels of confidence, self-esteem and teamwork skills; three times the number of students pre-course. The accomplishment is real and the feeling of success is yours to keep.

ADVENTURES FOR GRIEVING TEENS

SEEK ADVENTURE & NEW FRIENDSHIPS

DISCOVER YOUR HEALING POWER

REFOCUS AND DISCOVER YOUR TRUE SELF

EXPERIENCE FUN AT A HIGHER LEVEL

*"When he came back he opened up and discovered that life was worth living."*

*Carolyn - Parent*

## **YOUR PERFECT ADVENTURE**

It's not the destination, but the journey. And, getting there can be amazing!

Participate in any combination of these classic Outward Bound activities:

Backpacking, Canoeing or Sailing

Activities take place in Colorado, Maine, Minnesota, North Carolina and Pennsylvania

## **REDUCED TUITION**

Through a generous grant from the New York Life Foundation, all participants will receive partial to full-tuition scholarships based on need.